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rules are fair for
people with
accessibility
challenges

metroNEWS



TIM QUERENGESSER/METRO

Northlands wants \$48.2 M loan forgiven

BUSINESS

**City councillor
'ticked' by last-
minute request**



**Ryan
Tumilty**
Metro | Edmonton

Northlands will ask city council Tuesday to forgive its \$48.2-million loan.

The city provided the loan in 2010 to build the Expo Centre, but Northlands CEO Tim Reid said Monday the organization took the loan in a much different business environment than exists today.

"We were in place where we didn't have a downtown arena opening up and our business model has been very, very sound," he said.

Reid said once Rogers Place opens, Northlands' concert revenue will dry up and the organization won't have the revenue to pay the loan.

"We are very concerned about what the bottom line is and our abil-

ity to pay back that loan in 2017," he said. "(The city and Northlands) should have had this conversation a while ago, as partners on that loan, but we didn't."

Northlands' ask will come as it presents its Vision 2020 to council Tuesday to redevelop Rexall Place into a six-sheet arena, create an outdoor festival site where Northlands Park now sits and expand Hall D at the Expo Centre to become a 5,000 seat concert venue.

Coun. Ben Henderson, who was on council when the Expo loan was issued, said it was always the city's understanding the conference centre would stand on its own.

"The Expo building was going to be paid for by revenues from the Expo building," he said.

Coun. Dave Loken said it's a big ask. "Quite frankly, I am ticked that they are coming to us at the eleventh hour," he said.

Loken said he doubts council will make a decision Tuesday, but will instead ask for more information.

"I think this is just the start."

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POLICE

Watchdog looking into weekend crash

Alberta's police watchdog is investigating what influence Edmonton Police had in a weekend collision that has left two people dead.

The collision happened early Sunday morning at Manning Drive and 50 Street.

The Alberta Serious Incident Response Team says one of the vehicles in the collision came to the attention of city police not long before the crash.

Five minutes prior to the collision, according to a press statement released on Monday morning, an Edmonton Police officer attempted to "catch up" to a Chevrolet, "with the intent to conduct a vehicle stop."

After this attempt the Chevrolet sped away, according to the Monday police statement.

The release says the Alberta Serious Incident Response Team has confirmed the officer

then disengaged the Chevrolet in the interest of public safety.

Five minutes after the officer attempted to engage the vehicle, according to the statement, the Chevrolet struck two other vehicles, resulting in the death of a 29-year-old male and 23-year-old female, who were passengers.

The 25-year-old male driver and a 23-year-old female passenger also in the car are both in hospital with serious but non life-threatening injuries, according to police.

Susan Hughson, a team spokeswoman, says investigators want to find out whether the encounter contributed in any way to the collision.

There's no word on the identity of the victims and Edmonton police are not releasing any further information because of ASIRT's involvement. METRO

Poorly performing dollar hits libraries

LITERATURE

Books cost \$600K more with Canada-U.S. exchange



It isn't just your vacation that Canada's low dollar is hurting — it's also making it harder for the library to stock that book you want to read while on the beach.

Libraries across the country are seeing their purchasing power diminish as the loonie slides, and Pam Ryan, the director of collections and technology for Edmonton Public Libraries, said they're not immune.

In 2015, the library spent \$7.3 million buying material and estimates they took a big hit due to the Canadian dollar.

"Because of the U.S. exchange rate we lost \$600,000 in our buying power," said Ryan.

The library expects to spend about the same this year, but Ryan said she's not sure how far that will take them given the dollar's value.

Ryan said they're being more cautious and waiting in some cases to see how popular something is before committing to it. "Where maybe we would



Pam Ryan, EPL's director of collections and technology, said the falling Canadian dollar is forcing branches to be more cautious about which titles they buy, and how many copies. RYAN TUMILTY/METRO

have bought five copies (of a book) in the past we buy two or three," she said.

The library has a hold ratio, aiming to have one copy of a book, ebook or other type of material for every five holds.

Ryan said a bigger issue that the library is now joining with others to lobby for change on is the high cost of ebooks, which

she said often cost libraries four to five times what consumers pay.

"Multinational publishers charge libraries huge differentials for ebooks," she said. "It costs us so much more to maintain those hold ratios and it's simply because the multinational publishers can set the price."

She said right now ebooks and other digital resources aren't the library's big cost, but it's growing.

"The physical lending is hands down our bread and butter. We are still at 80 per cent of lending with physical materials, but the e-lending started at zero and has exploded in the last five or six years."

UNIVERSITY OF ALBERTA

Dentistry, engineering researchers receive \$2M in federal funding

University of Alberta researchers from dentistry to engineering are getting a \$2-million influx of cash from the federal government.

The money for nine projects at the university is coming from the Canada Foundation for Innovation's John R. Evans Leaders Fund, a pot of money designed to help universities attract and retain the brightest researchers by giving them access to the best tools.

"Investments in Canada's research infrastructure are incredibly important to the nation's future," said Minister of Science Kirsty Duncan.

Among the recipients are project in the faculty of Medicine and Dentistry looking at understanding and developing therapies for high blood pressure and kidney stones, and an examination of how commercial tree species respond to climate change from the Faculty of Agriculture, Life and Environmental Sciences.

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Notley warned of optics

INVESTIGATION

Alberta's ethics commissioner calls for MLAs to tighten rules

Alberta's ethics commissioner has cleared Premier Rachel Notley and the NDP in two fundraising investigations — including one in Ontario — but says they need to start thinking more about optics.

Ethics commissioner Marguerite Trussler, in a report issued Monday, expressed concern that both fundraising events were kept quiet from the public.

"The perception that only a chosen few are being invited is best avoided," wrote Trussler.

Trussler's investigation focused on two events that took place in February.

She had initially OK'd both fundraising events, but reopened her investigation Feb. 23 following a complaint from the opposition Wildrose party.

The first was on a Feb. 23 party fundraiser held at the Art Gallery of Alberta in Edmonton.



Premier Rachel Notley has been cleared of wrongdoing in keeping mum on private fundraising events; however, she was given a warning by the province's ethics commissioner.

THE CANADIAN PRESS

The main event was for \$250 a ticket and was advertised on the party's website.

However, some donors were selectively phoned or emailed and invited to a smaller pre-fundraising event at the art gallery that promised, for an extra \$750, more one-on-one access to

“These fundraising events should be open to all.”

Ethics commissioner Marguerite Trussler

Notley and her ministers.

Trussler said at the very least both events should have been on the NDP party's website.

"In general, as a matter of transparency, these fundraising events should be open to all," she wrote.

The pre-event at the art

gallery never went ahead, as Trussler launched her investigation just hours before it was to take place.

The second event focused on Notley attending a private dinner in Toronto on Feb. 19 for a select group of fundraisers for Ontario NDP Leader Andrea Horwath.

That event was not billed on tickets as including Notley, but donors who attended were informed beforehand. The ticket price was almost \$10,000 and some of the leaders who attended have business interests in Alberta.

Corporations and unions can't donate to political parties in Alberta under a law passed last year by Notley's NDP.

Trussler noted that the Ontario NDP picked up Notley's travel expenses and that none of the funds raised would go to Alberta's NDP.

But she questioned why Notley's team did not announce she was going.

"It would have been better for the premier and her staff to have been open and proactively let it be known why she was in Ontario," wrote Trussler.

THE CANADIAN PRESS

HOUSING

NDP government takes aim at Alberta landlords

The NDP government plans to wade into contentious landlord-versus-tenant dealings.

Calgary East NDP MLA Robyn Luff's Bill 202 — which has support from the Service Alberta ministry and most NDP caucus members — is set to be debated in the legislature.

The Bill calls for the creation of an Affordable Housing Committee that must make recommendations regarding rent regulation, rent subsidies, and security deposits, among other affordability issues.

Luff said she's open to a variety of models, including the implementation of a cap on how much landlords can raise the rent.

She takes issue with landlords being able to raise rents by as much as they'd like on only three months' notice, she said, adding it's too early to speculate how the committee will rule on regulations.

JEREMY SIMES/FOR METRO

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Ceci pushes back on tax relief calls

ECONOMY

Minister tells businesses province has lowest taxes

Alberta's finance minister is reminding a group of businesses seeking tax and wage relief that the province is already the lowest taxed in Canada.

Joe Ceci also said Monday the tax changes being implemented by the NDP government won't change that and will put the province on a sounder footing.

"We have the lowest taxes overall of any province or territory in this country," Ceci told reporters at the legislature.

"The things we're doing put us on a better fiscal basis going forward."

Ceci was reacting to a call from 15 business organizations for Premier Rachel Notley's government to make changes to its tax plan given rising unemployment. The group represents oil



Finance Minister Joe Ceci says the NDP was elected to a platform he intends to follow. THE CANADIAN PRESS

and gas, manufacturing, retail and construction businesses.

It is seeking a meeting with Notley and her cabinet, but Ceci says he already meets with members of the group.

The NDP hiked corporate taxes last year from 10 per cent to 12 per cent. It also hiked the minimum wage by \$1 an hour

to \$11.20 an hour, and remains committed to moving it to \$15 an hour by 2018.

The business coalition wants an end to future tax increases and a delay in the minimum wage increase. It wants to see the carbon tax become revenue-neutral, with offsetting tax reductions. THE CANADIAN PRESS

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Catholic board has transgender policy

LGBTQ RIGHTS

Critics say plan misses the mark, won't protect kids



Ryan Tumilty
Metro | Edmonton

The Edmonton Catholic School Board released its long-awaited gender expression and inclusion policy Monday, but at least one critic said it's the board's worst attempt yet.

The policy, which the board will debate Tuesday, argues any discrimination based on gender identity or expression should be "overcome and eradicated as contrary to God's intent."

The proposed policy also states the board is committed to creating a "fully inclusive community" and an environment that

is "free from discrimination of any kind."

Dr. Kris Wells, director of the Institute for Sexual Minority Studies and Services at the University of Alberta, said it's the "weakest" of three attempts the board has made to deal with the issue. "It's so generic that it is practically meaningless."

He said there's clear research that policies on this need to be specific. "These kinds of generic policies don't work when it comes to supporting vulnerable LGBTQ youth," he said. "There is no mention of what kind of supports the district is going to provide for transgender students."

Education minister David Eggen has mandated all schools provide a policy to accommodate transgender students by March 31. Eggen said Monday he had just seen the Edmonton board's policy and would wait until after the board passed it to review it.

"They will debate it in their school board meeting tomorrow and submit a policy," he said.



Dr. Kris Wells, director of the U of A's Institute for Sexual Minority Studies and Services, says the ECSB's proposal doesn't have any teeth to actually protect LGBTQ youth. METRO FILE

PHARMACEUTICALS

Feds asked to allow cultivation of poppies

Premier Rachel Notley is backing a push for the federal government to unravel the red tape that prevents farmers from cultivating poppies in southern Alberta.

Thebaine poppies are prohibited under the Controlled Drugs and Substances Act. Canada imports about \$600 million worth of thebaine each year from Australia and Europe, because it is not available in North America. Pharmaceutical companies process it into pain relievers such as morphine, codeine and oxycodone.

API Labs of Lethbridge says it has been test-growing the poppies and they appear to thrive in southern Alberta, which is best known for grain, potatoes and corn. The company wants to build a \$120-million processing plant and take advantage of a potentially huge market.

"What we're proposing is Canada should be self-sufficient. If we're one of the largest users in the world in some of these medications, then why are we not developing this industry here?" asked API CEO Glen Metzler in a recent interview.

API, the City of Lethbridge

and Notley have reached out to the federal government to ask for permission to move ahead with the project.

"This type of poppy can be transformed into a medically consumable narcotic which can compete in the international market," the Alberta premier wrote in a Jan. 12 letter to Health Minister Jane Philpott.

The RCMP has voiced concerns to Health Canada that API's medicinal plans could attract drug-peddling criminals and organized crime. Internal briefing notes show Mounties expressed reservations during a conference call with several other federal agencies in April 2014.

Metzler said the plants that would be grown don't produce enough of the enzyme required to convert thebaine itself into morphine. He said thebaine is considered a precursor chemical.

"Even though thebaine is a controlled substance, it does not have narcotic properties and cannot be used illicitly. Comparing the thebaine poppies to codeine is like comparing barley to beer, or comparing potatoes to vodka," he said.

THE CANADIAN PRESS

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TappCar boosts access

RIDESHARE

Service good, but fee unfair: Advocates



Alex Boyd
Metro | Edmonton

Accessibility advocates say they're cautiously optimistic new ride-share alternatives could make lives easier for people using wheelchairs but they also say they shouldn't have to pay extra for the convenience.

Recently departed Uber had no accessible vehicles, while the new city bylaw governing ride-share startups allows each company to choose between offering accessible vehicles or paying \$20,000 into an accessibility fund.

When TappCar launched Monday, its fleet of dozens of cars included three capable of transporting people who use wheelchairs.

But there's a hitch: TappCar's wheelchair-compatible vehicles are more expensive, costing the same as a van, or about \$6.75 more per trip than a standard car.



To have one extra choice ... is good.
Zachary Weeks

Zachary Weeks is communications co-ordinator for Spinal Cord Injury Alberta.

TIM QUERENGESSER/FOR METRO

TappCar spokesman Pascal Ryffel said the company is committed to serving more customers with accessibility challenges.

That's welcome news to Zachary Weeks, communications co-ordinator at Spinal Cord Injury Alberta, who said he's "cautious, but optimistic"

about TappCar's arrival.

"To have one extra choice of something like TappCar, where they have gone above and beyond what Uber has offered, is good," he said.

But Weeks said paying more for service (which he isn't legally expected to do in a regular taxi)

"isn't ideal."

Ryffel said the higher prices reflect the increased cost of operating an accessible vehicle. Setup costs are higher and the vehicles are heavier, so burn more gas.

TappCar is open to dropping the price once the business is up and running, he added.

"People who use wheelchairs often have fewer options with regards to transportation, so definitely we'll be keeping an eye on that," Ryffel said.

Betty MacIsaac, also with Spinal Cord Injury Alberta, said transportation options for people in wheelchairs are so limited that more options are welcome, even for a fee.

"You're kind of caught between a rock and a hard place."

Coun. Dave Loken said the concern over added fees is another reason he's happy the bylaw will be reviewed.

"I've said all along that this bylaw is weak, and I'm glad it was council's decision to review it, once we get it going."

Under city bylaws, taxis can't charge people using wheelchairs more. Each dispatcher is also required to have an accessible vehicle available at all times.

The city has stated in the past the accessibility fund will be used to help defer costs toward making further taxis accessible to people with disabilities.

Since freezing "unlimited" plates in 1995, all taxi plates Edmonton has added since have been mandated as accessible.

+ NUMBERS

The city's new vehicle-for-hire bylaw came into force on March 1.

Here's a look at some stats since that time:

1 Number of commercial Private Transportation Providers (large companies with more than 200 drivers) currently registered

6 Number of regional Private Transportation Providers (smaller firms) currently registered

88 Total number of PTP vehicles registered as of March 14

1,399 Number of taxis in Edmonton

88 Total number of PTP vehicles registered as of March 14

84 Number of accessible plates



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Depths of homelessness

REPORT

National data notes common causes, reason for hope

Stephane Boyer's nostrils flare and his breathing quickens, his lips failing to separate, when he thinks about Doreen — his partner of 22 years who died in August.

Doreen, who lived first in sub-standard housing and then on the street, was among 17 people who died on the streets of Thunder Bay, according to a new federally organized homeless census that illustrates the depth of disparity across the country.

The numbers, of course, only tell part of the story.

One woman was found dead in a laneway behind city hall that's visible from the mayor's office. A local aboriginal artist who struggled with addiction was pulled from the river.

In Vancouver's Downtown Eastside, arguably Canada's most notorious poverty-stricken neighbourhood, six deaths in a year



Stephane Boyer sits on his bed in his room in a shared apartment in the basement of an abandoned church in Thunder Bay, Ont. PAUL CHIASSON/THE CANADIAN PRESS

was out of the ordinary, said Brad King, who now oversees operations at Thunder Bay's largest shelter.

These days, anecdotes and statistics alike say Thunder Bay is among the worst cities in Canada for homelessness.

Like Thunder Bay, 29 other small and medium-sized cities

are taking part in either the federally organized count of homeless people or a similar effort organized by the anti-poverty group 20,000 Homes.

The hope is that the data will paint the most detailed picture yet of the homeless population in Canada, after years of estimates of the number of people

who go homeless each night and each year — about 35,000 and 230,000, respectively.

The federal government has quietly collected a growing amount of information over the last three years on people visiting shelters.

That data has illustrated a remarkably consistent picture that

suggests homeless populations have similar makeup.

"Even when you look within the homeless population at different sub-groups — say youth, males, females, families, whatever — it tends to be remarkably similar from city to city and from year to year."

The federal data shows that the homeless population is most often male, between the ages of about 25 and 64, and often aboriginal, a demographic typically over-represented in homeless populations.

The hope is that the national data can help communities craft better plans to combat homelessness and organize services, and also inform plans for a national poverty reduction strategy the federal Liberals promised.

"It's a really tough to get people to do anything when ... you can't give them the data," said Bonnie Kryswaty, with the Lakehead Social Planning Council. "That's why this point-in-time count was so important for Thunder Bay, because we haven't had this kind of data ... our city councillors really like to see the data, they like to see the numbers." THE CANADIAN PRESS

DOCUMENTS

Feds lag on online services

The federal government is lagging behind both private sector offerings and Canadians' expectations in online services, internal documents warn.

A full 77 per cent of federal services still cannot be completed over the Internet, documents prepared for Treasury Board President Scott Brison show.

"Government is not doing a good enough job of meeting the needs and expectations of citizens for quality, accessible services," the documents read.

Services like passport applications, requesting access to government information, or obtaining proof of citizenship all require in-person treks to Service Canada locations or mailed application forms.

Brison also recently told the Ottawa Citizen that the federal public service needs an infusion of digital-savvy, innovative bureaucrats with fresh ideas.

"It's much easier to build a modern, digital government if you engage the modern, digital generation," Brison said.

TORSTAR NEWS SERVICE

POLITICS

Quebec NDPers call for renewal ahead of convention

A group of New Democrats from Quebec — including three defeated MPs — have written an open letter calling for renewal in the party as Thomas Mulcair prepares for a major test of his leadership.

"As New Democrats, we feel that we have lost our way,"

says the letter obtained by the Star, signed by 37 Quebec-based activists, grassroots members, riding association presidents, organizers and former Quebec NDP MPs Jamie Nicholls (Vaudreuil-Soulanges), Hélène LeBlanc (LaSalle-Émard-Verdun) and Elaine Michaud (Portneuf

— Jacques-Cartier).

They never mention Mulcair by name, but they are calling for a new direction as Mulcair is campaigning to win a crucial vote at the NDP convention in Edmonton next month, when party faithful will decide whether he gets to stay on as leader.

"We feel that the campaign we ran in the last election fell short of the aspirations of New Democrats. We are troubled that we have forgotten the reasons why we exist and the principled values that have guided us. We did not recognize ourselves in the platform we had to defend.

The NDP is not a party like any other. We seek office to make positive changes for Canadians, not for the sake of power itself," says the letter. "We want the NDP to build on our proud tradition. To do that, we need to dedicate ourselves to a renewal of our party." TORSTAR NEWS SERVICES



Thomas Mulcair
ADRIAN WYLD/THE CANADIAN PRESS



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Clue#5

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- B) Vancouver
- C) Toronto



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A trick to trip Trump

U.S. ELECTION

How Romney could possibly end up as the GOP nominee

There is a chance — not a big chance, but a real chance — that Mitt Romney could become the Republican presidential nominee.

No, Romney is not running again, but he could win the nomination anyway. This is the magic, or perhaps the injustice, of the contested political convention.

"Look, Reagan and Ford battled it out in a contested convention," Texas Sen. Ted Cruz told Fox News. "That's what conventions are for."

Trump's rivals have largely given up on the possibility of winning the normal way, and party insiders are so aghast at the prospect of a Trump takeover that they are scheming to figure out how to grab the nomination away from him through wheeling and dealing at the July convention in Cleveland.

If Trump wins Florida and Ohio on Tuesday, he is very likely to win the nomination outright. But if he loses both, or even one, there might be a path to a convention play. A narrow path, but a path.

Here's how it would work. A total of 2,472 delegates are at stake in the primaries. A candidate needs 1,237 delegates, a majority, to win the nomination. Trump has already earned more

+ TACTIC

A rare and risky move

The tight 1976 Gerald Ford-Ronald Reagan race was decided on the first vote. The last multi-ballot Republican contest was in 1948, the last for the Democrats was in 1952. So last-minute manoeuvring would be rare and risky. Trump supporters might boycott the general election. Especially if the notoriously vindictive businessman asks them to. TORSTAR NEWS SERVICE

than 460 delegates. If he wins Ohio and Florida, he'll earn 165 more. And he'll need to earn fewer than half of the remaining delegates to get to 1,237.

If he loses Ohio and Florida, he'll need to earn about two-thirds of the remaining delegates to get to 1,237. If he loses Florida, he'll need about 60 per cent.

In either case, Trump might finish the race in the lead, but with a number of delegates lower than 1,237. If this happens, his rivals can woo delegates on the convention floor. If no candidate gets a majority in the first vote, there is a second. In that case, many of the delegates are free to vote for whomever they want.

That could be Cruz or even Romney, who said on Sunday: "I don't think anyone in our party should say, 'Oh no, even if the people of the party wanted me to be president, I would say no to it.'" TORSTAR NEWS SERVICE



The Proton-M rocket booster blasts off at the Baikonur cosmodrome in Kazakhstan on Monday, carrying equipment for a Mars mission. DMITRI LOVETSKY/THE ASSOCIATED PRESS

EXPLORATION

Mars mission to hunt for life

Europe and Russia launched a joint mission Monday to explore the atmosphere of Mars and hunt for signs of life on the red planet.

The unmanned ExoMars probe — a collaboration between the European Space Agency and Roscosmos — took off from a base in Kazakhstan aboard a Russian rocket and is expected to reach Mars in October.

The probe's Trace Gas Orbiter will analyze methane and other gases in the Martian atmosphere to determine where they are coming from,

said Paolo Ferri, ESA's head of mission operations.

Methane is created by biological or geological activity and breaks down within a relatively short period of time once it reaches the atmosphere.

"It cannot be older than 400 years. That means there has been either biological or geological activity in this time-frame," said Ferri. "Four hundred years is nothing. If there is methane it means there is basically a process going on now."

The prospect of finding life on Mars — even microscopic

organisms — has excited scientists for some time, but so far none has been discovered.

"The fact that they've not found life doesn't mean certainly that there's no life there," said Ferri, noting that much of the planet's vast surface hasn't yet been closely examined.

That task will fall to a rover ESA plans to send to Mars in 2018. Until then, the orbiter will have time to find a good landing spot and conduct a test run using a trial lander called Schiaparelli that's on board the probe.

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MIDDLE EAST

Russia eases out of Syria

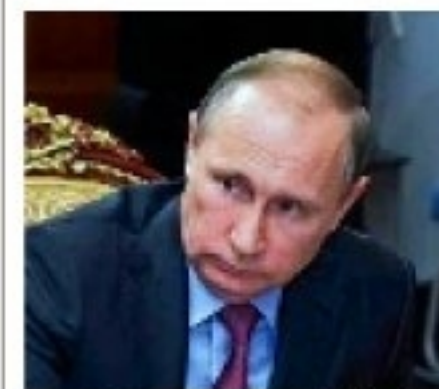
Russian President Vladimir Putin ordered his military to withdraw most of its forces from Syria on Monday, timing his move to the launch of Syria peace talks — an end game that allows the Russian leader to cash in on his gains and reduce his risks in the conflict.

The start of the negotiations in Geneva offers Putin an opportune moment to declare an official end to the 5-1/2-month Russian air campaign that has allowed Syrian President Bashar Assad's army to win back some key ground.

At the same time, Putin made it clear that Russia will maintain its air base and a naval facility in Syria and keep some troops there.

The UN special envoy for Syria, Staffan de Mistura restarted peace talks between the Syrian government and the opposition in Geneva on Monday, with de Mistura hosting a government delegation led by Syria's UN ambassador, Bashar Ja'afari. Speaking to reporters afterward, Ja'afari called the meeting "positive and constructive."

THE ASSOCIATED PRESS



Russian President Vladimir Putin THE ASSOCIATED PRESS

RICK MERCER REPORT

#rickmercerreport

ALL NEW

Lock up your recycle bins. Stay out of your driveways. Tonight, Rick's behind the wheel of a gigantic snowplow in Barrie, ON.

TONIGHT 8

Four tips when filing taxes

TAX RETURNS

Accountants don't know what you don't tell them

With the April 30 deadline for filing most personal tax looming, people will soon start running to their accountants (if they haven't already).

Here's what they wish you knew about doing your taxes.

Don't trust your accountant to know everything

He or she might seem like a magical math machine, but they're not omniscient. Junaid Usmani, a tax partner at SRJ Chartered Accountants, said it's important that you know the basics of your finances, because your accountant can't know what you don't tell them.

A common example is foreign ownership. The penalties for not disclosing foreign assets worth more than \$100,000 can be steep, and even having a U.S. bank account falls under



The deadline for filing taxes is looming. One advice you should follow is to file on time. ISTOCK

the category.

File on time – even if scared

If you know you won't be able to pay the amount you'll owe after filing your return, it might be tempting to delay filing. But Zoe Klein, a Toronto tax preparer, said it's better to file and avoid penalties, which

will only make the problem worse. Those penalties can be significant, Klein said. Filing on time can also make payments easier, because the Canada Revenue Agency can work out a payment plan with you.

Report that side income – it might help you

There's nothing wrong with getting a little action on the side, as long as you disclose it. Many people are afraid of reporting income they earned doing freelance work or running a small side business, thinking the taxes will be harsh.

But there's some good reasons to report that income —

and not just the legal ones. Usmani said the tax bill on side income doesn't have to be that large, especially if the expenses behind doing the job were high, too.

"If your little side business is operating at a loss, that can actually save you tax dollars, because that loss can be applied to reduce your other income," he said.

Remember the littler things

Klein works with a lot of artistic clients, and says she frequently has to remind them that grants are subject to complicated rules, and must be declared in a tax return.

People also usually don't know that their medical expenses can give them significant tax credits. Anything from health insurance deductions to prescription medication (but not vitamin supplements) can count toward medical expenses. If those expenses are higher than three per cent of your annual income, then there's the possibility for tax savings, Klein said.

TORSTAR NEWS SERVICE

JOB

Millennials not taking vacations



Jessica Smith Cross
Metro | Toronto

A TD survey released Monday found that nearly half (46 per cent) of Canadian millennials don't take their full vacation day allotment away from work. That's higher than the general working population: 42 per cent of Gen Xers and 29 per cent of Baby Boomers.

The survey found all generations reported they didn't take their time off because they're too busy at work or don't have enough money for a vacation. Meanwhile, the vast majority of all age groups said they believe vacation time is essential to keeping them happy.

Shirley Malloy, a TD associate vice president, said she thinks this survey should send a message to employers that they should encourage their employees to use their vacation time.

Malloy advises people to use their vacation time, even if that means taking a "staycation."

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SAMANTHA EMANN: RELIGIOUS SCHOOL FUNDING ISN'T SET IN STONE

Publicly funded Catholic schools had their place in the founding of this country, but they have outlived their relevance. If elected officials won't get rid of them for the equality or inclusion of all their constituents, they should do it for the money.

Every year, usually at a holiday event, I get into a debate with family or friends on one of three topics: politics, religion or money. It usually ends with my grandfather throwing up his hands at my liberalism, my dad lovingly lecturing me about my lack of money sense, and everyone, mostly, keeping their thoughts to themselves on religion or at least my lack thereof.

For Canadians, all three of these untouchable topics merge to create the fuel that keeps the debate burning about publicly funded Catholic schools. It's time to put out the fire. Publicly funded religious schools have to go. And the process could be easier than you might think.

The most common argument for the continuation of this particular Canadian tradition boils down to: The Constitution says so.

In fact, only three provinces still constitutionally require separate funding for Catholic schools: Ontario, Saskatchewan and Alberta. (B.C. funds religious schools of many denominations, but to a lesser degree than public secular schools).

Those who say we cannot, or should not, stop funding Catholic schools because of our constitutional obligation are forgetting a key thing.

The Constitution's central document — more specifically section 93 the Constitution Act of 1867, also called the British North America Act — gives provinces the right to make laws governing education. It forbids provincial laws from "prejudicially" affecting the schooling rights of religious

Publicly funded religious schools have to go, and the process could be easier than you might think.

minorities, if such groups are identified in the province's founding documents. Such documents, including the Alberta Act and the Saskatchewan Act, can be changed.

The procedure for this type of amendment is laid out in section 43 of the 1982 Constitution Act. It requires the approval of the House of Commons, the Senate, and, crucially, only the province or provinces that the change affects.

In Ontario the process would be basically the same. The provincial and federal legislatures would have to agree to the change, and a line would be added to section 93 stating that the separate-school rules don't apply to Ontario.

There's no reason to think the feds wouldn't go along with this. They green-lit Quebec's move to do the exact same thing in 1999.

In no case would fractious, multi-province constitutional negotiations, Meech-Lake-style,

be required. However, Alberta requires all constitutional amendments be put to a public vote before they're voted on in the legislature. A pain, but it's not impossible.

Which is good. Because it needs to be done. Publicly funded Catholic schools are unfair to Canada's many other religious groups and cultures. Funding all religious schools equally would be a logistical nightmare, and in my view, public services should be affirmatively secular.

Why are public schools in the religious-education game at all?

And as should be apparent to anyone who has been following the news for the past year, some Catholic schools' boards, trustees, teachers and advising clergy have a record of discriminatory, socially regressive efforts to hinder advances made in the interest of student safety and learning.

In Alberta there's Calgary's Bishop Fred Henry (schools'



gay-straight alliances are "anti-Catholic" and "totalitarian") and Catholic opposition to the (cancer preventing!) HPV vaccine being given in school.

With recent struggles to get an LGBTQ education policy approved in Alberta, why don't we just ask students if they think the Catholic boards have their best interests at heart?

And in Ontario there was opposition from Catholic leaders to the much-needed, recently updated sex-education curriculum.

That deficit-plagued province recently asked voters for ideas online for ways it could save money in its budget. Here's an idea: According to a 2012 report from the Federation of Urban Neighbourhoods, merging Ontario's Catholic and public school boards would save the province more than \$1 billion.

The premier has always poooh-pooohed the proposal, but apparently not for fear of a public-opinion backlash, which may have been a real concern in past years.

A Forum poll from last July found 51 per cent of Ontario voters want to end public funding of Catholic schools. Just 38 per cent want to continue it.

Forum Research President Dr. Lorne Bozinoff wrote: "We have tracked this issue for several years ... If it were ever put to a public referendum, Catholic school funding would lose, fair and square."

All three holdout provinces should be learning by example from their neighbours. Catholic schools had their place in the formation of this country, but they have outlived their relevance. If elected officials won't do it for the inclusion or equality of all their constituents, they should do it for the money.

Samantha Emann is a copy editor at Metro. You can reach her at Samantha.Emann@metronews.ca

ROSEMARY WESTWOOD metroview

It's nice to have a white wedding — even in today's world

In the stylish and soapy TV drama *Scandal*, the indomitable political strategist Olivia Pope (played by Kerry Washington) wears white like it's armour. She obsesses over her both real and metaphorical "white hat" — the symbol of her defence of justice and her sacrifices for noble causes.

White, in this sense, is a power colour. It is strength, writ positive, and a statement at odds with the domineering but dark power of black.

But I wonder whether Pope, a non-traditionalist in almost all matters, if she were to marry, would don white. Where white makes for a statement suit in the halls of the White House (arguably the seat of global power), it is nothing short of conventional down the aisle.

And today's so-called modern bride could not be more traditional in colour. Almost everyone still chooses cream, off-white, coconut or pearl. I will wear white(ish). And I'm struggling to figure out why.

White, I remind myself, has other notes than virginal: righteousness and freshness. Hope and purity, not of sexual virtue, but of romantic intent. Intent of the soul.

Coco Chanel supposedly ascribed to the colour "perfect harmony." At a recent viewing of the painter J.M.W. Turner's works, his use of light was most arresting — that is, his use of glowing,

swelling white.

G.K. Chesterton wrote God "never paints so gorgeously, I had almost said so gaudily, as when He paints in white." That he was talking about chalk is beside the point.

The Western cliché of bridal white has incredible staying power. According to Time Magazine, Queen Victoria's scandalous choice of white silk over the then-fashionable red for her wedding gave us the tradition back in 1840.

And whatever else today's brides may want for their "big day" — they want a big day, they want it to feel like a wedding and they want to strike the vision of a bride. That means white, in lace or silk, short or long, slinky or poofy, overwrought by gaudy detail, or simplified to a sheath.

You. In white. It is an intoxicating fantasy.

Perhaps white's very dominance says something about how in flux all the rest of it is: the actual wedding, and the ensuing marriage. When the details of the day are entirely up for grabs, from an elopement to a grand party. When the marriage itself might look exactly like the preceding relationship, or might not mean anything that it used to.

Maybe then, we (in white) feel the need to hold on to some symbol of the moment. Some nod to the ceremony. Some sign that we are, in fact, brides.

THE MICROTREND: Tranquility for tots



The complete relaxation of a spa setting, in today's ultra-connected age, has never held so much appeal to so many. What was once primarily a ladies'-day-out affair has branched into something much broader, becoming a popular upscale activity for men and, more recently, pets. It's luxuriously lucrative, which has left entrepreneurs looking for more markets. A new report from SpaFinder — aimed at investors — has identified an untapped (and presumably, still stressed-out) demographic: children. Forget playing in the dirt to blow off steam. Today's kids are suffering from "tech neck" from too much time on tablets. Their parents are searching for post-math-class mindfulness sessions, holistic whole-body movement courses, and, of course, yoga.

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FITNESS TREND

Celeb trainer says more and more clients ask how to get a bigger butt

The members of the Kardashian family are known for many things, not the least of which is an abundant posterior.

It's been just over a year since Kim broke the Internet with a magazine cover popping champagne on her behind, and one week since she nearly did it again with an Instagram selfie wearing nothing but black bars.

Since then, celebrity trainer Gunnar Peterson has been seeing one training request more and more: a bigger butt.

As trainer to Kim's younger sister Khloe Kardashian, Peterson knows what he's talking about.

He spoke with Torstar News Service from Los Angeles at 5:30 a.m. local time while spinning on his stationary bike.

A lot of people want bigger legs, a bigger butt. Some called 2015 the "year of the butt."

Was that on the Chinese calendar? I didn't see that on the menu at the Mongolian barbecue the other day. (laughs)

Is that something you've been seeing?

Of course. It's an ongoing request. They have to bear in mind that to add size, that comes with adding calories above and beyond what you're burning, and getting adequate rest.

I'm sure we know some guys who spend innumerable hours at the gym and they're not gaining any size. They're probably not recovering. Their food is either not adequate or not timed out properly. It's a tough pursuit.

When you think women have on average 10 to 20 per cent the testosterone that we have — which is required to build lean tissue — that's a tough road. I would say lift heavy, eat more, sleep more. That's for men and women.

Those are tough protocols to assign to a woman. They don't want to hear "eat more" a lot of the time. A lot of them don't want to hear "lift heavy."

What are some of the misconceptions around building a bigger butt?

You look at people in any power sport, you see big butts. Those guys and those girls are not on all fours, pressing the sole of their foot to the ceiling with an ankle weight on it. They're just not. And if they are it's for a video or it's to get a quick pump. The real building comes with the deep squats, the heavy weights, the dead lifts, the deep lunges, the sleep and the food.

Why is sleep so important?

That's the only time your body recovers. If you think of the dated term "body building," it's actually body destroying. What you do in the gym is actually tearing your body down. It's when you leave the gym that the body starts the recovery process and goes "Holy s—, what did you just hit me with? I have to put myself back together in case you're stupid enough to do that again." TORSTAR NEWS SERVICE



I would say lift heavy, eat more, sleep more.

Gunnar Peterson, personal trainer, on attaining a bigger backside



Kim Kardashian's aspirational bottom is sending droves of women to the gym. GETTY IMAGES

QUIT DRINKING WHILE TRAINING
"If you're not drinking — especially during a period of time when you're trying to attain a goal — that's obviously the right way to do it. You're way ahead of the curve."

"I like preparing healthy and tasty food that gives our customers one big reason to feel good that day."

— Jan Cadra, Baker

Jan started with Good Earth in May of 1995, and has been baking with us ever since. He's proud of the healthy food he prepares for our customers. Jan's favourite menu item to make (and eat) is the Southwest Bake. Not only is it colourful, but it tastes really good!



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The messiness of modern breakups

MODERN LOVE

Digital changing the way we hook up — and split up

Back in 2006 — just two years after Mark Zuckerberg founded Facebook — Indiana University anthropologist Ilana Gershon recalls showing a clip from comedian Dave Chappelle in a class and noticing a student crying.

"Dave Chappelle does a lot of things," Gershon says. "But he doesn't make people cry." The student, she later learned, had just been dumped through a text message. "He wrote to her, broke up with her, then refused to communicate with her through any other medium," Gershon recalls, who grew fascinated with this new relationship reality.

In her book, *The Breakup 2.0: Disconnecting Over New Media*, Gershon writes about interviewing dozens of undergrad students about dating and breakups in the digital age. When students told her their "breakup stories," many shared a common thread: A focus on whether someone was dumped

through a text, email, phone call, Facebook message or in-person conversation. "This gives important information about how the person hearing this should be interpreting it," Gershon says.

In other words, "the medium is the message," as Canadian communication theorist Marshall McLuhan wrote back in 1964. Fast forward 40 years, and Gershon found modern daters have a keen understanding

of each medium's meaning, with a large majority of students agreeing in-person is still the best way to tell

Sorry. I'm just not feeling it.

someone it's over. But that doesn't mean people actually do it.

One Pew Research Center report found most young people aren't a fan of dumping-by-text, yet 27 per cent of teen daters have broken up with someone through a text message (and even more, at 31 per cent, have been on the

receiving end.)

Far from uncommon, this is the new breakup landscape, and one that's often impersonal and bewildering. Even celebrities aren't immune. Take pop-star Katy Perry, whose 14-month marriage to comedian Russell Brand ended on her phone. "Let's just say I haven't heard from him since he texted me saying he was divorcing me December 31, 2011,"

er young people support breaking up through social media messages or a changed Facebook relationship status. Still, those get used too, with 6 per cent of teens reporting that they've broken up with someone through both those strategies.

One Canadian startup, dubbed The Breakup Shop, is capitalizing on society's eagerness to dump people digitally. Starting at \$10, you can buy a breakup text, while \$29 will get you a breakup phone call with a runtime of a minute or less. And for \$80, you can buy the dumpee a "breakup gift pack," complete with Chips Ahoy! rainbow cookies, a Netflix gift card, two red wine glasses, a handcrafted sympathy letter, and either a copy of *The Notebook* on Blu-ray or the video game *Call of Duty: Ghosts*. Since launching in early November, the company says it has performed around 160 breakups, and plans to launch an app in the spring to deliver even more breakups "without the hassle."

But anyone who's been dumped knows modern breakups are a hassle, filled with both physical and digital clutter. Matt Shumate, author of self-help book *From Broken Up to Bro 2.0*, recommends a complete online detox from an ex to speed up the healing process. "Don't unfriend them from Facebook necessarily," he said in an email. "But certainly unfollow and make sure that they won't be popping up into your so-

cial feeds." (It's something Facebook has been paying attention to, launching new tools late last year so people see less of their old flames without blocking or deleting them.) For some, those measures don't go far enough, and healing after a breakup might mean staying off social media altogether, Shumate told me.

The post-split social media purge makes sense. The entire dating landscape has changed in the digital age. People are dating longer, providing ample opportunities to meet new partners and, inevitably, split up with most of them. In the 1960s and '70s, the average age for a first marriage was just over 25 for men and 22 for women, but by the late 2000s, the average age for both was around 30.

Now we're haunted by past flames on Facebook, dumped over text, ghosted by lovers who disappear despite having a world of communication tools at their fingertips. However you do it, a post-split detox doesn't change the messy reality: Breakups today are a minefield of impersonal communication methods and lingering digital memories, including many that are impossible to erase.

But it's worth keeping in mind that splitting up is a natural — and time-honoured — part of dating. "Some relationships are about saying goodbye," says Wilk. "And that's fine."

TORSTAR NEWS SERVICE

ILLUSTRATION/TORSTAR

FITNESS

Yoga move to open your hips

Here's a fun and functional hip opener called Rock-a-Bye Baby. This exercise uses gravity to coax movement into the pelvic region.

Rock-a-Bye Baby

1. Lie face-up on a large, sturdy table with knees bent and feet parked hip distance apart. Scoot yourself down toward your feet until your toes peek over

the bottom edge of the table.

2. Lift your right foot and reach for the inner heel with the right hand. Holding the foot steady, open up the angle of the knee joint to 90 degrees and allow it to swing out away from the body. Bring the shin to a vertical position, perpendicular to floor and ceiling.

3. Slide your left foot off the edge of the table and allow the leg to dangle with the

knee bent softly and foot hanging heavy. You may already feel a stretch deep in the front of the left hip — that's good.

4. Now pull the right heel straight down with the right hand, as if you'd like to bring the kneecap to the table. Notice the way the left knee lifts up as the right knee dips down. Create a plush rocking action in the hips by returning the heel to its starting position before pulling down again and again.

5. Repeat on the other side.

YUMEE CHUNG/TORSTAR NEWS SERVICE

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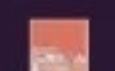
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Hoang Long Fresh Market
Kelly's Pub

La Ronde
Lazio Restaurant
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Madison's Grill & Vintage Room
The Marc Restaurant
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The Old Spaghetti Factory
Pampa Brazilian Steakhouse
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Share
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JOHANNA SCHNELLER **WHAT I'M WATCHING**

A lesson in race on your TV show

THE SHOWS: *Black-ish*, Season 2, Episode 1 (ABC/City); and *American Crime Story: The People v. O.J. Simpson*, Season 1, Episode 5 (FX)

THE MOMENT: The N-word

Adorable moppet Jack (Miles Brown) rapped the N word during a school concert. His school wants to expel him. His father Dre (Anthony Anderson) defends him to the (mostly white) board.

"You people are trying to eliminate a word from my son's vocabulary because you think it's ugly," Dre says.

"Isn't it?" asks a white administrator.

"From you, it would be," Dre replies. "The white man either wants nobody to say it because he can't, or everybody to say it because he wants to."

Black-ish has been more black and less ish this season,



Black-ish has been more black and less 'ish' this season, writes Johanna Schneller. CONTRIBUTED

and is stronger for it. In Episode 16, for example, the family reacts to police brutality against African-Americans. In this episode, people utter the N word 10 times in 22 minutes.

The same debate recently popped up on *The People vs. O.J. Simpson*: Two black lawyers argue whether the word should be allowed in court. Christopher Darden (Stirling K. Brown) says it's hurtful to black people; Johnnie Cochran (Courtney B. Vance) says black people can and have handled much worse.

These shows, along with the just-concluded series *American Crime* (in which a black high-

school basketball captain is implicated in the rape of a white teammate), examine issues of race and class from multiple angles. They harken back to the 1970s, when Norman Lear's sitcoms *All in the Family* and *Maude* routinely delivered civics lessons to a broad audience.

Though TV is more niche now, it's still our most powerful medium for delivering a message. These series aren't afraid to use it.

Johanna Schneller is a media connoisseur who zeroes in on pop-culture moments. She appears Monday through Thursday.

Issues, not apps the focus at SXSW

TECHNOLOGY

Talks of digital privacy, robots eclipsed new launches at fest

Big-picture issues and futuristic ideas — rather than the usual hot app or startup launch — have taken the spotlight at this year's South by Southwest Interactive tech jamboree in Austin, Texas.

President Barack Obama's opening keynote on Friday referenced the current fight between Apple and the FBI and set an issue-driven tone for the conference. And a daylong online harassment summit put the spotlight on the troubling topic of online harassment. Meanwhile, panels focused on futuristic ideas such as robots for the elderly and supersonic public transportation.

Here's a look at the buzziest trends so far at the festival's tech-focused conference, which runs through Tuesday.

Big issues

It's an election year, and hotly debated issues dominated discussions. Obama, the first U.S. president to headline a SXSW event, said he was strongly committed to encryption but said authorities must be able to access data held on electronic devices to fight crime and extremist violence. He didn't specifically comment on the FBI's case against Apple, however. A federal court has ordered Apple to help the FBI break into a phone used by one of the San Bernardino killers. Apple has appealed the ruling and says the government plan puts the privacy of all users at risk.

Panels on online harassment discussed trolling and abuse in online comments and social media, mainly of women. One panel gave statistics and examples of the harassment women of colour and female journalists face to illustrate the scope of the problem on social media.

Another panel, initially cancelled due to threats of violence against panelists and the festival, discussed how game-related design, such as algorithms or pre-set filters, could be used to discourage harassment. Due to the previous threats, the daylong online harassment summit took place under tight security, but there were no disturbances.

The festival had its own mini-discrimination controversy. Organizers apologized



Kerry Washington spoke at a South by Southwest event on how social media has impacted traditional media's representation of diversity and beauty. Hers was just one of many issues-based events. THE ASSOCIATED PRESS

to a panelist after she tweeted that she was told she had to remove her headscarf for a festival ID badge. She was eventually allowed to take a photo with her headscarf — then received a badge with the right picture but the wrong name and affiliation, as her tweets documented and the festival confirmed.

Futuristic ideas

Rodney Brooks, creator of Roomba and CEO of Rethink Robots, argued that robots aren't as dangerous as people think they are. At one point, he reached into his pocket and pulled out a coin — then noted that no robot is currently capable of doing the same.

Still, the robotics pioneer thinks robots will be essential for elder care, helping with daily tasks, acting as companions and driving people around. In similar respects such as manufacturing, he argued, robots won't displace jobs, they'll do the work no one wants to do.

Tech and music

As always, tech and music intermingled during the festival. When the indie-rock band Great Caesar played at a popular local bar, it was no ordinary

SXSW show. Its sponsor, Doppler, was testing ear buds designed to augment live music. Via an app, ear bud wearers could adjust the bass they could hear, for example, or create an echo effect. They could also choose pre-mixed filters that mimic the sound effects of different places, such as a small studio or Carnegie Hall.

"I like having some kind of control over what I'm listening to," said Marshall Heinz, a law student in Austin who tried out the device. "I make music, so to interact with people who are way better musicians than me is pretty cool."

Sony's 'N' Concept

Sony had one of the buzziest product demos of the festival, previewing a prototype device called the "N" concept neckband. It's a speaker that rests on the neck, plays music, takes pictures and responds to voice commands such as queries about the weather. Response to the device, unveiled Saturday, has been enthusiastic, said research and development deputy president Jun Maruo, who said there's no timeline for when Sony might release the neck band or what it might cost.

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LEARNING CURVE

Are you feeling the financial pinch?

As the school year winds down, many post-secondary students are feeling the financial pinch. Last summer, a CIBC poll suggested that more than half of post-secondary students run out of money before the academic year is up, turning to their parents for financial assistance. For students currently in that situation, there are some key ways to avoid repeating the pattern next year.

Make a values-based budget. Some costs, such as tuition and housing, are fixed. As for variable costs, students should make sure their spending lines up with their values — and their available resources.

"There are certain things (students) absolutely need versus what they want," says Dustin Edwards, a Student Financial Support and Outreach specialist at the University of Alberta. "At the heart of that is what they value and making sure it matches how they're spending."

Remember that things add up. Eating out regularly might be easy at the beginning of the year, but it can mean trouble by spring.

"That slowly adds up, and then when they get to March, they say, 'oh, I don't have the money for groceries right now,'" says Edwards.

Whether it's restaurant visits, morning coffee or other variable costs, don't forget the big picture.

Track transactions. Edwards recommends students track all their transactions for a week or a month, to help understand their own spending habits.

"This is a really good way to conceptualize where their money is going, and it's often really eye-opening," he says.

Have a rainy day fund. Car breaks down? Need to head home for a family situation? Such costs can be devastating if students don't have some cash tucked away. Edwards suggests



ISTOCK

regularly contributing to a "set it and forget it" bank account that isn't used except in emergencies.

Don't be afraid to use on-campus resources. In addition to scholarships and bursaries, schools offer various financial services, from money-management workshops to emergency student loans. Edwards says despite there still being some stigma about utilizing

such services, students shouldn't be afraid to use the resources at their disposal — and to start doing so as early as possible.

"You don't have to start looking only when you're in financial need; start early and try to be proactive," says Edwards.

"The last thing we want is a student in April, when they're going through finals, to also be really stressed about finances."

Bring your passions together at Digital School



CONTRIBUTED

With a passion for art and scenery, Digital School Technical Design College student Chris Corrigan was looking for a program that would bring these two passions together.

After spending years surrounded by great feats of architecture in New York City, Corrigan decided to pursue the architectural CAD technician diploma at Digital School.

"I was attracted to the school's new location overlooking the river valley, and the program features practical applications for my passion

for architecture," says Corrigan. Once Corrigan completes his training at Digital School (in under a year), he would like to look for a job related to the training he have received, either locally, nationally or internationally.

"From my experiences travelling both locally and internationally I was able to view amazing cities in three dimensions - their grandest gestures of super-scaled designs for skyscrapers, and more," says Corrigan.

"I will be able to do the same thing while

orbiting a 3D model using the software and skills I'm learning at Digital School."

Like Corrigan, Digital School students are using computers and online learning to emphasize Digital School's groundbreaking efforts in blended learning and flipping the classroom, where the software training courses are using the industry-leading Global eTraining Complete Guide courses that the students can work on and study from anywhere, at any time. For more, visit digitalschool.ca

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Improve your project management skills

Recently, the University of Alberta's Faculty of Extension was excited to roll out a new project management series.

The series is comprised of three, two-day workshops, each designed to stand alone in providing specific project management skills.

"The series is really designed for entry level, mid level and senior managers, project coordinators and project participants who are either responsible for leading or playing key roles in the delivery of projects," says Dave Ludwick, instructor at the University of Alberta's Faculty of Extension in the Faculty's Business Programs.

"These students have little or no prior project management knowledge but can see themselves moving into that area or may already be wrapped up in some projects."

These individuals may work in small organizations in the public, private, educational, oil/gas, or health sectors, or they may even work in large corporations of any

industry.

The courses are designed for students who don't have the time (nor the need or interest) in pursuing the full PMP designation, but who still want to be able to survive in a project environment in fields such as research, public sector, oil and gas, policy development and other industries.

"The course is designed to provide students with very practical tools and techniques to work in the every day trenches of their projects," says Ludwick.

"We spend much time in the seminars giving students a chance to get their hands dirty using the tools on real life project scenarios so that when they go back to their places of work, they not only have the skills, but they already have experience they can draw on, too."

Within the series, the following courses are offered: project management essentials, project management: risk and resourcing, and project management: from communication to closure.



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The seminars can be taken together, sampled individually or taken in any order desired to meet the needs of these students. The complete series is offered twice per

year (once in the fall term and once in the winter/spring term). For more information about the new project management series, visit extension.ualberta.ca/projectmgt.

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This valued profession provides a wide range of great work for individuals who enjoy communications, organization, and bookkeeping. Streams in the profession include management, marketing, finance, accounting, and human resources. The diverse positions available to explore include accounting/bookkeeping assist-



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ant, marketing assistant, and office manager.

Positions in the field are well-paid — reflecting their professionalism and the level of responsibility they demand. An office manager in Alberta can earn a median wage of \$24 per hour.

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Financial administrators are in higher demand

Companies are always searching for informed, accurate and organized financial administrators to help them navigate the financial aspects of their business.

A career in the financial administration field is a rewarding one — and very much in demand. If you've always enjoyed math, you like helping people, and you have an eye for detail, then work in this challenging field may be for you.

In this role, you're considered the gatekeeper of the financial aspects of the business, and you have the ability to analyze the financial data you're given, flagging any financial threats and opportunities for the benefit of your client or company.

There are many diverse roles in the field, each with its own specialties. These include accounting clerk, audit clerk, bank clerk, and payroll officer. All these require bookkeeping skills, and up-to-date software skills including Microsoft Office Suite programs Excel, Word, and Outlook. Jobs in the field are valued and well-paid. A payroll clerk in Alberta makes a median wage of about \$25 per hour.



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The Accounting and Payroll Administration program at Reeves College is an immersive program in accounting and payroll fundamentals that provides its graduates with the skills and knowledge they need for a rewarding career.

For more information on the Accounting and Payroll Administration program at Reeves College, visit study.reevescollege.ca, or call 1-800-533-1457.

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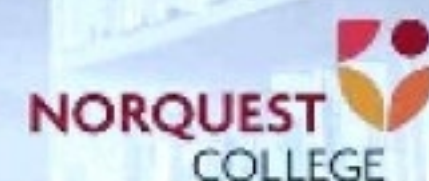


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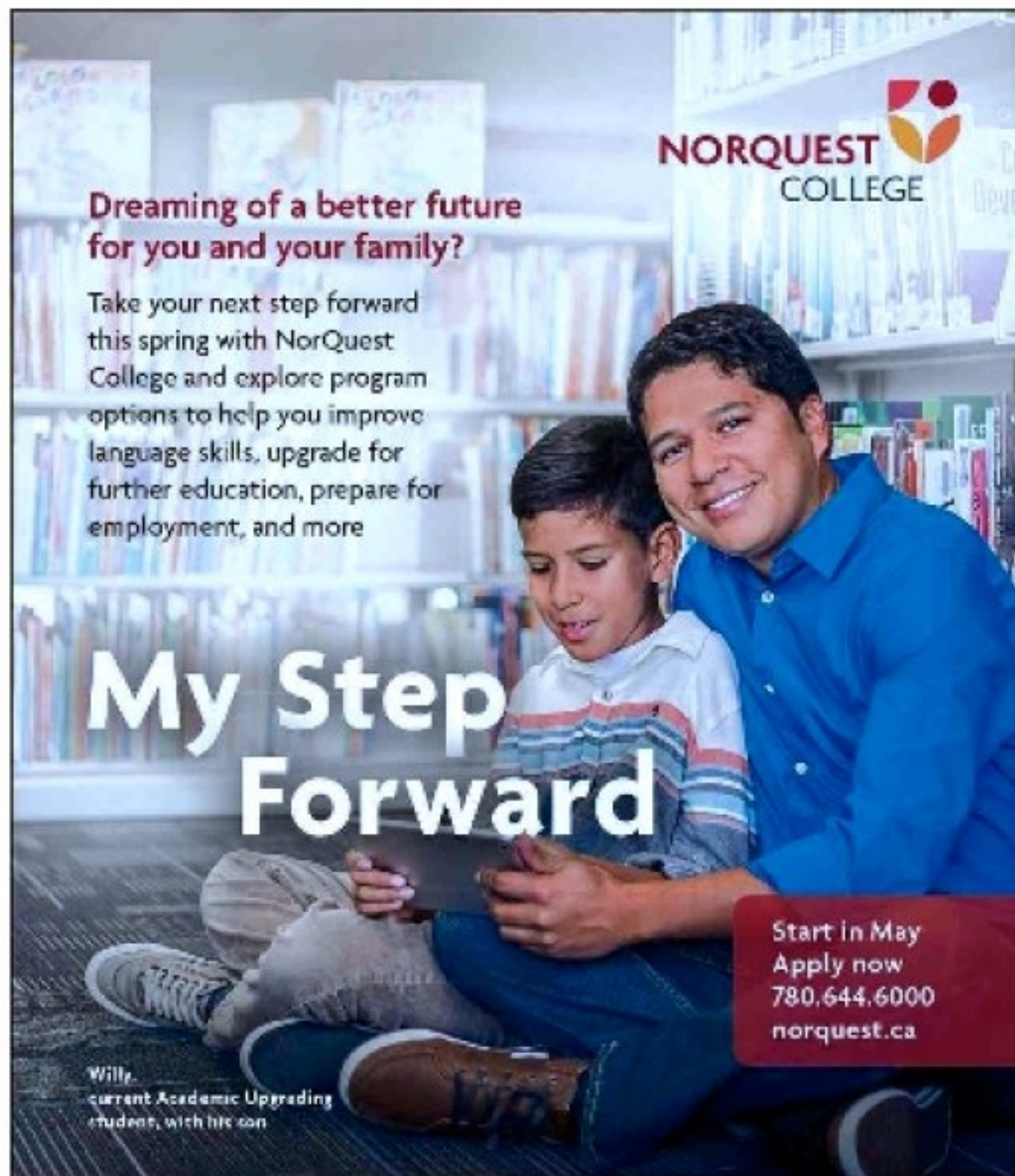
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Resources to help with a learning disability

While embarking on a post-secondary education is a significant task for anyone, it can be especially daunting for students who have a learning disability.

That's why one of the most important first steps for those beginning their university journey is to check in and register with their school's accessibility services office. In most cases, this office will provide services and resources to help students navigate their schooling experience.

"Our accessibility services operate on principles of inclusion and full participation for all students, and of course, respect, dignity and individualization," says Lucy Fromowitz, assistant vice president of Student Life at the University of Toronto.

At U of T, students who bring in documentation about their individual needs to the Accessibility Services office are matched with a disability advisor. From there, a plan can be devised to help the student maximize their university experience and chances of success.

Part of that plan, according to Fromowitz, is to help students make choices about the quantity and nature of the courses they take in any given semester.

"If, for example (a student's), disability inhibits their ability to deliver presentations, we help them choose courses where a significant portion of the grade is not based on in-class presentations," says Fromowitz.

In terms of course work, there are also options for individualized accommodation, such as school-provided note-takers, adapted tests and exams, and access to educational technology. These services, Fromowitz notes, are meant to help ensure that all students are able to meet the deadlines and expectations set forth in their classes.

"There's no relief from work," she says. "We simply accommodate for the learning disability so that the student is able to demonstrate their knowledge and skills."

U of T also runs summertime transition programs, where students about to enter their first year can connect with older



ISTOCK

students to share tips and strategies. Connecting early with the school's accessibility services is, according to Fromowitz, the most important step any student can take.

"Many students will not register with the disability office when they get to university; they have a sense they want to try it on their own or they fear the stigma of being

labeled," she says.

"What they need to understand is their disability is confidential, between themselves and their disability advisor. So waiting until they either are (potentially) not successful, or are overwhelmed mid-year when it becomes difficult to catch up, is not advisable."

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If there is one thing Shane Willier-Williams doesn't have, it's a one track mind. And for someone set on a career in business, especially during these uncertain economic times, being multi-faceted is a terrific quality.

"I want to be a business administrator, a computer tech, and a web designer, but I decided to first take on NorQuest's hospitality and service industry training so I can have it in my back pocket."

For the past few years, the 28-year-old has lived his life under the wise premise that he is better suited to learning than he is to simply struggling. He first returned to school in 2012 to take NorQuest's Academic Upgrading (AU) program. It was then he caught wind of the

college's new Edmonton Oilers Community Foundation Hospitality Institute (EOCFHI).

The institute responds to the demand for skilled workers trained in world-class hospitality and customer-service skills. Students take a common Introduction to the Service Industry course, then may choose to take one or more of five different specialties. The courses are short and easy to fit into a busy schedule. An EOCFHI bursary is available to those who qualify!

"The service skills training changed me a lot. Everything they said not to do, I was doing: wearing jeans to interviews, big jewelry, not being properly-groomed. It really turned me around, not just as a worker but as a person."

Willier-Williams has now completed both

the AU and EOCFHI programs and has applied to the college's Business Administration diploma program for September 2016. For more information on these programs or others, visit norquest.ca or come to the Program Information Night at the Edmonton downtown main campus on Feb. 11.



CONTRIBUTED

How to go beyond your expectations

Before enrolling in the computerized payroll accounting program at Academy of Learning Career College, Jenna-Lee Abramic was working as a temporary office administrator.

Abramic has always had a desire to work with numbers and through her temp job, she gained experience in payroll, and accounts receivable.

"The short experience I had with office admin pushed me to finally go after the career I wanted," says Abramic.

"With my computerized payroll accounting diploma, I have the knowledge to advance myself in the life long career I've always wanted, and succeed in."

Abramic says from the moment she walked in the doors at Academy of Learning to receive information about the program, the facilitators have gone over and beyond her expectations.

"They have given me the confidence I never knew I had," says Abramic.

"Academy of Learning offered flexible learn-



CONTRIBUTED

ing. I am able to learn how I learn best, with flexible hours."

After Abramic completes her 44-week program, she hopes to find work as an entry-level payroll practitioner and feel the pride that comes with being a college graduate and being able to provide for her family.

"I would recommend his course because it gives you an in depth view on payroll and accounting," says Abramic.

"The course is structured for those who learn visually, auditory, and hands on." For more information about this program or any others offered at the Academy of Learning, visit academyoflearning.ab.ca.

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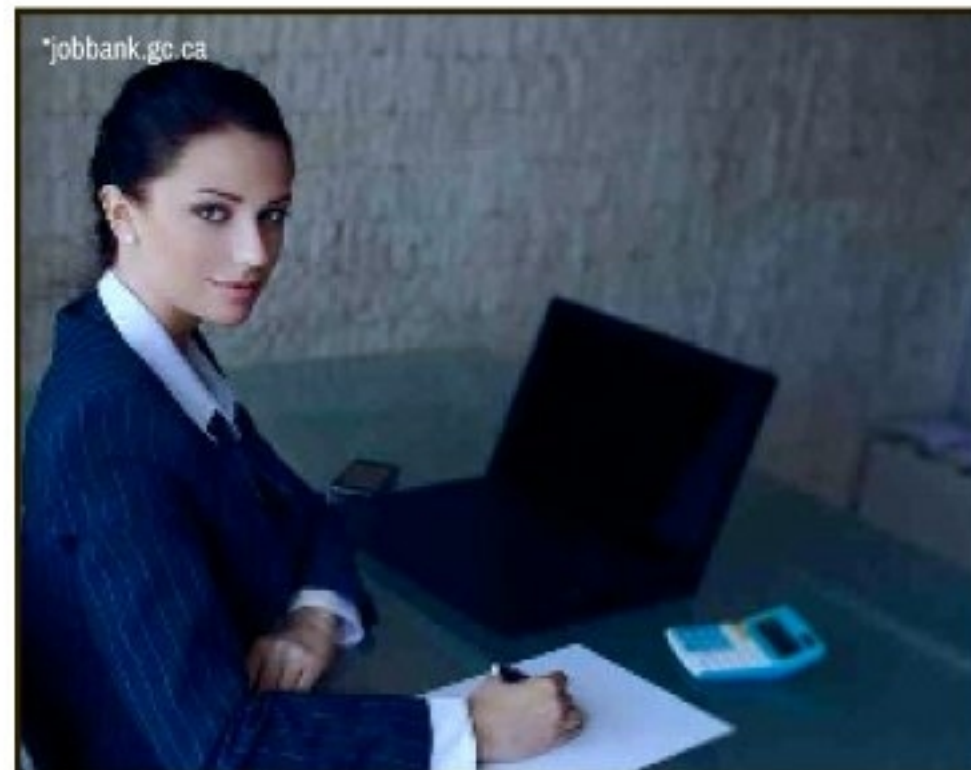
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A career field that's recession-proof

Health care will always be needed and no matter how bad the economy gets, this field is one that the recession really doesn't affect.

For those looking to start a new career in a field that there is still a high demand for skilled workers, Robertson College offers a number of health care related programs, such as health care aide, health unit clerk, community support worker, and medical office assistant.

"With unemployment rates rising, now would be a great time to take advantage of a possible career change," says Raynel Constantin-Allen, instructor, medical office assistant program, Robertson College.

"Being able to obtain a diploma in under a year in a stable field like health care is a fantastic way to embrace a new beginning, and the health care field is a good choice if you are a caring and helpful type of person."

A career in health care is also a fantastic way to give back to the community.

Learning how to offer support and care to people who are in need is very rewarding.

"I feel that with the current recession happening, health care will be one that will be needed more," says Raynel Constantin-Allen.

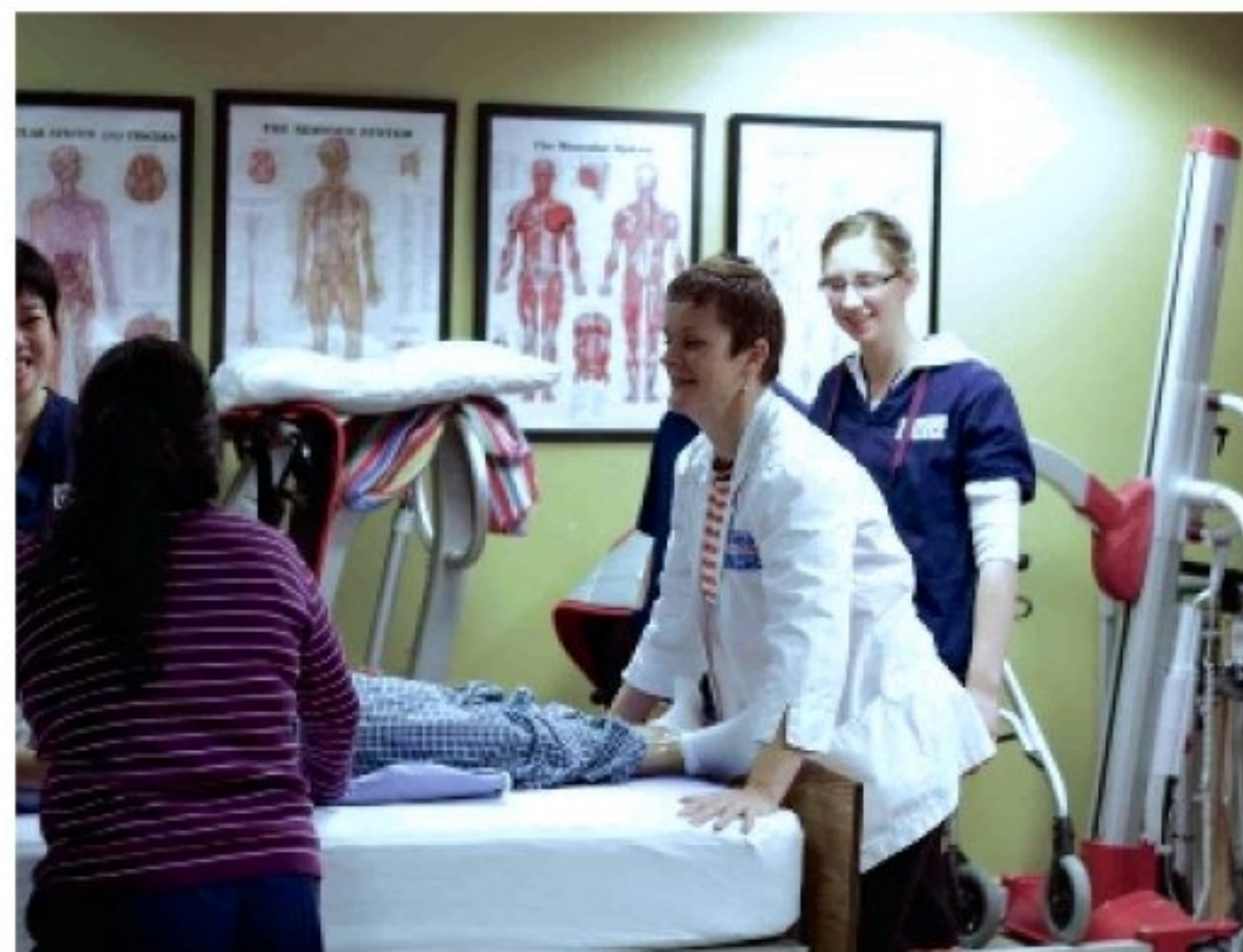
"With the awareness of mental health on the rise, I hope that people take advantage of what health care can offer support wise with the struggles some are facing."

All of Robertson College's health care programs prepare individuals for these in demand jobs in less than a year.

The medical office assistants, community support workers and health care aide programs are all starting in March/April: MOA (March 30), CSW (April 11), HCA (April 18).

Throughout all Robertson College programs and after graduation, they offer career support, assistance with job practicum and placement.

They also offer guidance with student financing and career counseling.



CONTRIBUTED

"The support from every one of the staff shows predominantly throughout the college," says Constantin-Allen.

"We have a strong leadership team that

provides unwavering direction to both the staff and the students."

For more information, visit robertson-college.com/campuses/edmonton.

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YOU'RE READY TO GRADUATE: WHAT'S NEXT?

Perhaps the biggest question facing any student entering their final year or semester of post-secondary education is: What's next?

For most, that will mean finding ways to translate what they've learned and accomplished at school into the working world. And in a time of such economic uncertainty and upheaval, being prepared takes on extra importance.

Thankfully, there are ways for all students — whether in their first semester or their final one — to help prepare for that next big transition.

"One thing is prioritizing relationships with people," says Kim Kiloh, director of the Centre for Student Involvement and Careers at the University of British Columbia. "That might look like taking time to make sure you circle back to a professor that really inspired you (or) solidifying relationships with your friends, people you've worked with on an extra-curricular project."

Especially important, says Kiloh, are "weak ties" — acquaintances who can be the most beneficial during a job search.

As for academic accomplishments, simply earning a degree or participating in co-curricular activities isn't enough. It's vital for students to reflect on what they've learned from every element of their post-secondary education, and translate that into marketable skills.

"We know employers are very interested in students' abilities to take what they've learned over their whole degree and think about how that learning might apply to real-world problems," says Kiloh.

"Being able to say, 'I worked on a team project and this is the role I took in a team, here's what I learned about myself and here's what I contributed to our team's success,' those are the kinds of stories that you could tell to a future employer."

Some undergraduate programs even offer what's called a capstone project, a culminating experience in which students can showcase what they've learned throughout their degree.

Most schools also offer workshops or resources to help with fundamental job-search skills — such as interviewing, writing resumes and building LinkedIn profiles — and the ability for students to meet with career advisors.

But perhaps the key message for any student, especially those approaching graduation, is to think about how university life is instilling lifelong skills such as critical thinking and resilience.

"We do really encourage students to be mindful," says Kiloh. "Try to move beyond that feeling of your assignments or projects for your classes as just being to-do list items that have to get checked off, but to take a little bit of time to notice how you engage in that learning experience."



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Defenceman P.K. Subban will sit out at least two more games with a neck injury, Montreal Canadiens coach Michel Therrien said

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Sanchez dreaming big with Super Bowl champs

NFL

QB will have huge shoes to fill to take over starter's spot

Mark Sanchez is thankful for a fresh start in Denver — emphasis on start.

Sanchez said Monday that general manager John Elway told him to come in and compete for the No. 1 job with the Broncos, "and what a reinvigorating feeling this is."

"This isn't an opportunity I'm going to squander," the 29-year-old veteran said Monday during his introductory news conference at the team's suburban headquarters.

The Broncos acquired Sanchez from the Philadelphia Eagles last week for a conditional 2017 draft pick after the Super Bowl champions lost Peyton Manning to retirement and Brock Osweiler to free agency.

Sanchez, due \$4.5 million in the final year of his contract in 2016, said the trade caught him off-guard, but as it sunk in, he quickly realized how fortunate he was.



Mark Sanchez speaks at his introductory news conference on Monday in Englewood, Colo.

DAVID ZALUBOWSKI/THE ASSOCIATED PRESS

Sanchez said he's the perfect player to follow Manning after replacing another QB icon, Brett Favre, in New York his rookie season. What he learned from that experience, he said, was that playing in the shadows

of a superstar doesn't have to be suffocating.

"You don't try to be Peyton Manning," Sanchez said. "Obviously we'll let No. 18 sit on the shelf there for a while. We'll let somebody else take that number. That's just rarified air. I'm so impressed with what he's done and would love to learn as much as I can from him and the guys who have been with him. But you know

you've got to be yourself and work as hard as you can, be the best version of yourself and give everything I've got to the team."

And he's eager to make his own, well, mark.

"I wasn't a part of anything last year, so I'm not hanging on any coattails that way. I'm eager to win. And I've seen a lot in this league," Sanchez said. "I'm not married. I don't have

+ PIVOT DEPTH

The only other quarterback on the Broncos roster right now is Trevor Siemian, who took just one snap as a rookie last year, a kneel-down against Pittsburgh. John Elway will likely draft another quarterback next month and could very well add another veteran either through free agency or another trade.

a girlfriend. I don't have kids. I just want to play ball and I want to win. I really want to win.

"And I'm so lucky to be in a spot like this. So, you know, every waking moment, that's all I'm thinking about is what an opportunity this is, that I want to win and I want to play here."

Sanchez spent his first five NFL seasons with the Jets, helping them to the AFC championship game in his first two years by winning playoff games on the road against teams led by Manning, Tom Brady, Carson Palmer and Philip Rivers. But the fifth overall pick in the 2009 NFL draft out of Southern California eventually lost his job in New York and spent the last two seasons as a backup in Philadelphia.

THE ASSOCIATED PRESS

RIO 2016

Fencer takes on Donald

When fencer Ibtihaj Muhammad goes to the Rio Games this summer she will make history as the first U.S. Olympian to compete wearing a hijab.

But as she blazes a path on the world stage, she is worried about her security — at home. She fears it is being compromised by presidential hopeful Donald Trump, who has called for a temporary ban on Muslims entering the U.S.

"When you incite hateful speech and rhetoric like that, the people who say it never think about the repercussions and how that affects Muslims," Muhammad said in a recent Time magazine article. "Specifically Muslim women who wear their religion every single day. So then you start to think, am I going to be safe?"

The 30-year-old has qualified to compete in sabre fencing at the Olympics in August.

"I still have faith in the greater America that we will not vote someone as ignorant as Donald Trump into office," Muhammad told Time. "As a country, we are collectively more intelligent than that."

Muhammad was born in Maplewood, N.J., and grew up as the middle child of five.

Her mother, Inayah Muhammad, a schoolteacher, encouraged all her kids to be competitive, even if it meant altering every uniform.

At 13, Muhammad started fencing in high school and her mother realized there was at least one sport where her outfit wouldn't require modification.

"As a Muslim female, the sport was uniquely accommodating," Muhammad said in her USA Fencing bio. "My religion requires that my body be fully covered and fencing did just that."

TORSTAR NEWS SERVICE



Ibtihaj Muhammad GETTY IMAGES

“Every waking moment, that’s all I’m thinking about is what an opportunity this is.”

New Broncos QB Mark Sanchez

CFL

Bruce's concussion suit tossed by judge

A judge has tossed out a lawsuit by former Canadian Football League player Arland Bruce, who claims negligence, alleging players haven't been protected from concussions.

B.C. Supreme Court Justice Christopher Hinkson says in a written ruling that the issues raised in the lawsuit are part of a collective bargaining agreement between the league and the CFL Players' Association.

Hinkson dismissed the case, saying those issues must be re-

solved through the grievance and arbitration process, not the courts. The defendants included the league, former commissioner Mark Cohon, neuroscientist Dr. Charles Tator and every team in the league.

Bruce played for the Winnipeg Blue Bombers and several other teams in his 14 year career. He claims the defendants downplayed the effects of repetitive head trauma and misrepresented safety issues.

THE CANADIAN PRESS

IN BRIEF

Blues' Tarasenko named 1st star after 6-point week

St. Louis Blues right-winger Vladimir Tarasenko, Florida Panthers centre Vincent Trocheck and New Jersey Devils goaltender Keith Kinkaid have been named the NHL's three stars of the week.

Tarasenko tied for the League lead with six points (three goals, three assists) in three games to power the Blues to a three wins and a share of first place in the Western Conference.

THE CANADIAN PRESS

GM MEETINGS

NHL to add more cameras for playoffs

The coach's challenge is getting good reviews from NHL general managers in its first year of use, but it's not exempt from a little tweaking.

Discussion of the coach's challenge headlined the first day of the NHL general managers meetings Monday, and support was strong amongst the 30 GMs, who see the added opportunity to get a goal call right as beneficial for the game.

The initiative allows coaches to use video review to dispute

goals scored on potential offside or goalie-interference plays.

"I think everybody feels fairly comfortable with it," said Maple Leafs general manager Lou Lamoriello. "The whole objective is to get it right."

Still, the NHL will make one tweak for the playoffs, adding blue-line cameras to the arenas of the 16 post-season teams. The cameras are intended to further aid clubs in determining whether to challenge a goal on account of offsides. THE CANADIAN PRESS

RECIPE Fish Tacos with Glazed Sweet Potato



PHOTO: MAYA VISNVEI

Ceri Marsh & Laura Keogh
For Metro Canada

- Coleslaw
- Salsa
- Chopped fresh cilantro
- Sour cream
- Guacamole

Directions

1. Preheat oven to 425 F and grease a large baking sheet.
2. Combine the cumin, chili powder, oregano, garlic powder, cinnamon and salt in a small bowl and mix with a fork to combine. Sprinkle over fish and rub spice mix evenly across the fillets.
3. Place on prepared sheet and bake in the oven for 12 to 15 minutes, or until fish flakes with a fork. Place mahi-mahi on a platter and pull fillets apart with a fork.
4. Toss sweet potato with maple syrup and sprinkle with salt.
5. In a skillet over medium-low heat, add the butter and sauté the sweet potato for about 10 minutes, or until tender. Set aside.
6. Serve fish and sweet potato alongside other fixings.

A zesty burst of spices paired with a hit of maple roasted sweet potato make these simple fish tacos your Tuesday night dinner date.

Ready in

Prep time: 15 minutes
Total time: 40 minutes

Serves 4

Ingredients

- 4 to 6 mahi-mahi or halibut fillets
- 1 tsp ground cumin
- 1/2 tsp ground chili powder
- 1/2 tsp ground oregano
- 1/2 tsp garlic powder
- 1/2 tsp ground cinnamon
- 1/2 tsp salt
- 1 small sweet potato, diced into 1/2-inch cubes
- 2 tsp maple syrup
- Salt
- 1 tsp butter

Suggested ingredients for serving:
• Corn or whole wheat tortillas

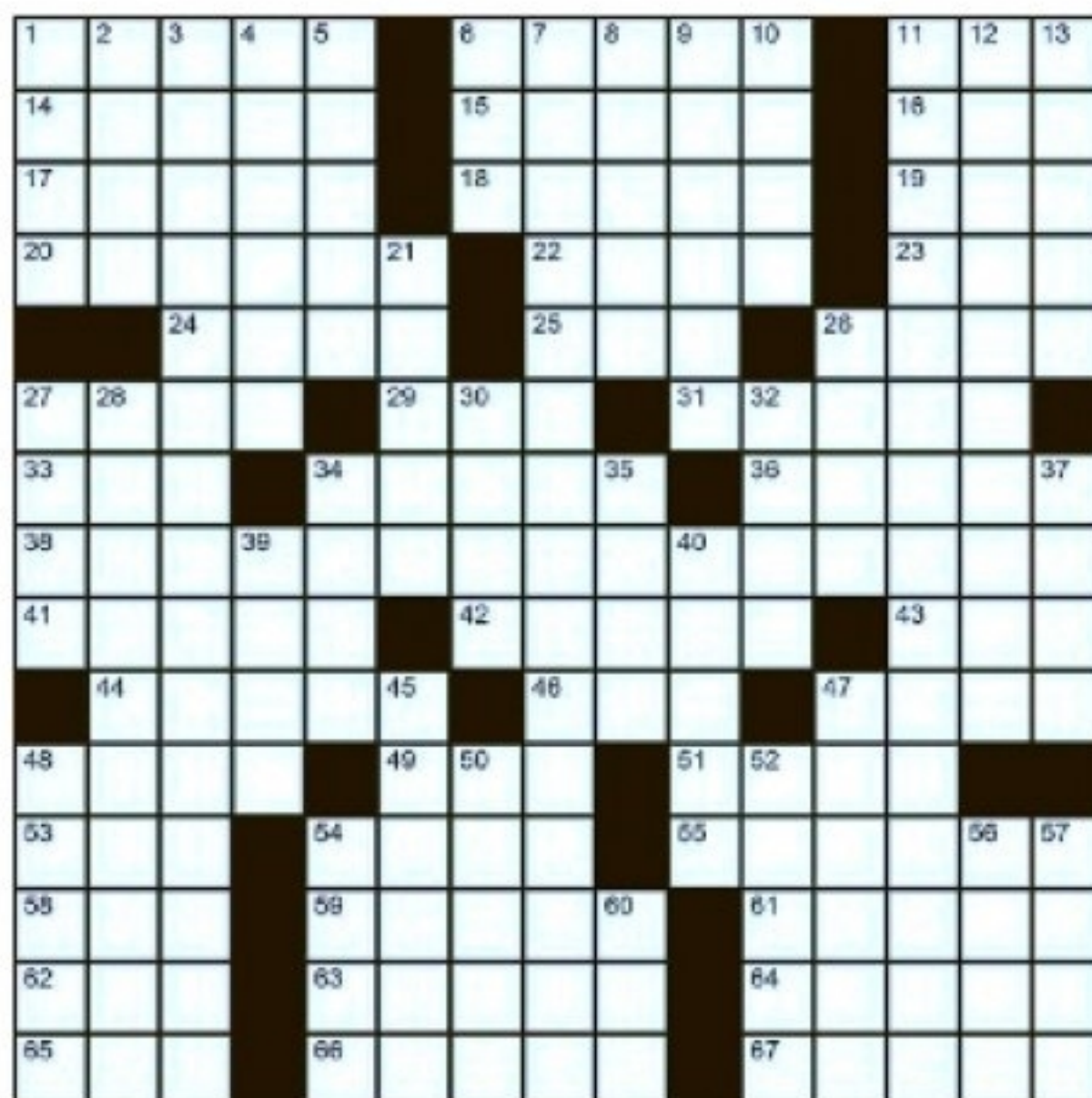
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CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN

ACROSS

1. Massivenesses
6. Eight member group
11. "You've Got Mail," co.
14. Glass-ceiling lobbies
15. Monte _ (Gambling destination)
16. Lingerie item
17. Layovers
18. Love, in Laval
19. Comfy retreat
20. Canadian music legend Tommy
22. Bread and rice and chocolate desserts, cute-style
23. Curious
24. Reggae star Peter
25. Dined
26. Ed of "Daniel Boone"
27. Baking recipe amt.
29. Kimono sash
31. Las Vegas _
33. Pilot's 'height', briefly
34. Wise saying
36. Rile
38. Smallpox, as brought to the New World: 2 wds.
41. Vichyssoise vegetables
42. Insincere smile
43. Collagen injection site
44. Painter's stylish hat
46. Irish carrier, _ Lingus
47. Takes steps
48. Lethbridge's li'l locale
49. Female lobster



51. Broadway star Linda
53. Donnybrook
54. Mediterranean cheese
55. Lively Baroque dances in France
58. Writer of The Raven
59. Harsh
61. Prefix to 'dyne'

- (Toothpaste brand)
62. Mr. Sullivan's of variety TV
63. Harmony
64. Desert greenery
65. Grocery shopper's reference of needed things, briefly
66. Shrek voicer Mike
67. "___ Majesty's Se-

- cret Service (1969)"
- DOWN
1. Heavenly _ (Ice cream flavour)
2. "___ Brute?" - Caesar
3. CN Tower's location in Toronto: 3 wds.
4. ___ Tailors (Canadian mens-

- wear chain)
5. Mail recipient's requests of senders, for short
6. Goose, in Italy
7. Occupation of Toronto-born actress Alison Pill's character on new political drama "The Family", on CTV: 2 wds.

8. Speckled fish
9. Sidesteps
10. Crag
11. Exerciser's one-of-some on the way to a six pack: 2 wds.
12. Miner's discovery: 2 wds.
13. Brings in the airplane
21. _ Island (New England state)
26. "Rule, Britannia" composer
27. Weight unit in China
28. Aristocrats: 2 wds.
30. Lamb sounds
32. Undertaking
34. Church section
35. 'Little _' Bouvier Beale (Jackie Kennedy's cousin played by Drew Barrymore in HBO movie "Grey Gardens" in 2009)
37. Positive replies, in slang
39. Pod vegetable
40. Asymmetric-al [abbr.]
45. Hypothesis
47. Sea between Greece and Turkey
48. Adrien _ (Skin-care brand)
50. Chopin music piece
52. Music for Donna Summer
54. "3rd Rock _ the Sun"
56. Punta del _ Uruguay
57. Montreal 'evening'
60. Timecard abbreviations

IT'S ALL IN THE STARS by Sally Brompton

Aries March 21 - April 20
You need to confront something that both scares and excites you. Old fears and desires are likely to return today and you will have to fight an emotional battle you thought was over and done with. End it this time.

Taurus April 21 - May 21
Do whatever it takes to reach your goal. No sacrifice is too great. No effort is beyond you. But while you may have the power to transform yourself don't think you can transform others — you can't.

Gemini May 22 - June 21
Mercury, your ruler, at odds with Jupiter, means that someone powerful will try to bend you to their will today. Don't let it happen. Take a stand.

Cancer June 22 - July 23
Others may say that something cannot be done because it is too much for them but that does not mean it is too much for you. Reach out and embrace what is new and exciting.

Leo July 24 - Aug. 23
You're being pushed harder than ever before but that's good because you need to be tested. The closer you come to what you thought were your limits the more you will realize that you are capable of much more.

Virgo Aug. 24 - Sept. 23
You may want to discuss contentious topics but others are desperate to avoid them. Take the hint and don't push too hard. If you force the issue the results may not be to your liking.

Libra Sept. 24 - Oct. 23
Try not to twist yourself in knots over things you cannot control. What is fated to be will be, whether you worry about it or not, so put all negativity behind you once and for all.

Scorpio Oct. 24 - Nov. 22
You may believe you know what's best but that does not give you the right to impose your solutions on others. Speak truth as you see it and let others make their own choices.

Sagittarius Nov. 23 - Dec. 21
You may not have the qualifications or the experience that your rivals possess but you do have the ability to adapt quickly. The more fixed others are in their ways the more likely it is you will win.

Capricorn Dec. 22 - Jan. 20
While others are complaining that life is unfair you will be quietly going about your business in a state of calm and careful determination. Today's events will work in your favour.

Aquarius Jan. 21 - Feb. 19
Listen to advice today, even if it comes from people whose opinions you don't always agree with. If they say you are wasting your time on a project that is close to your heart they may be right. Don't hold on to what is no longer useful to you.

Pisces Feb. 20 - March 20
It is better to back down than to risk making enemies of people who have more power than you. It's not cowardly, it's common sense.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9



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